

Town Hall 8 West Common Street Topsfield, MA 01983 Office (978) 887-1523 Van Line(978)887-6866 Fax 978 887-1502 Mon-Thurs.9AM to 3:00PM Fri. 9AM to 12:00PM www.topsfield-ma.gov

<u>Director</u> Jodi Gibeley jgibeley@topsfield-ma.gov

Secretary/MOW Coordinator Beth Wideberg bwideberg@topsfield-ma.gov

<u>Data Entry Clerk</u> Peg Beauregard coa@topsfield-ma.gov

Van Drivers Nick Mazzetta Jim Rouvalis Stan Brennan

Meetings

COA Board 04/09 4:30 P.M. Friends 04/01 7:00 P.M.

Friends of COA

Chris Cotti, President Chris Roman, Vice President Marie Coyle Mary Margaret Kenney

Meals on Wheels Drivers
Abby Jackson
Stan Brennan
Meg Philpott
Ed Roman

SENIOR SCOOP APRIL 2013

Council On Aging Mission Statement

To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, aged 60 and older.

Council on Aging Board

Pat Carroll, Chairperson
Jolene Guerra, Secretary, Lois Carpenter,
Jackie Rizzo, Penny Rogers, Shirley Sciora, Gracia Clemson
Larry Atkins

A Note From The Director

The Council on Aging is looking for a SHINE counselor. This person is a volunteer who takes training classes to help seniors make the right decisions for their healthcare choices. If you are interested please call us at the office.

At the COA we offer many services, activities and programs to help you or your parents, cope with the hard things about growing older. While we do a lot of activities we do have access to many resources to help you or your loved one with any help you may need.

We look forward to the nice weather and seeing more of you.

Be well -Jodi

Events in April

(Please call (978)887-6866 to RSVP for all trips)

Seating is Limited on all trips

Monday, April 1st==========Bill Duke's Watercolor Class. 9:00A.M.-12:00P.M. \$20 Town Hall conference room.

Tuesday, April 2nd=========Cracker Barrel Old Country Store and Restaurant, Tewksbury, Ma. Leaving Topsfield at 11:00 A.M.

Thursday, April 4th===========Annarosa's Bakery, Salisbury and Giuseppe's Restaurant and Orange Leaf (frozen yogurt), Newburyport. Leave Topsfield at 10:00 A.M.

Tuesday, April 9th=========Concord Museum, Concord, Ma. \$10.00 and lunch is on your own. Enjoy a 45 minute guided tour of Colonial Treasures from the Massachusetts Historical Society. Lunch is at the Colonial Inn Restaurant. Leave Topsfield at 9:00 A.M.

Tuesday, April 16th==========Christmas Tree Shop and Karl's Café(located inside Karl's Sausage Kitchen in Peabody, Ma). Leave Topsfield at 10:00 A.M.

Tuesday, April 23rd========== Ikea, Stoughton Ma. Take a ride to Stoughton and shop at Ikea and enjoy the restaurant, bistro and Swedish food market. Leave Topsfield at 9:00 A.M.

Tuesday, April 30th=========New England Bio Labs, Ips-wich, Ma. Enjoy a guided tour of the facility and the waste water treatment plant. Lunch is in the cafeteria at 11:30. Leave Topsfield at 9:30.

Forms and Assistance:

In the office we have forms that you may want to have on file:

- . Living Will
- · Personal Wishes Statement
 - . HIPPA
 - Disabled Parking Placard
 - Do Not Resuscitate
 - Health Care Proxy

If you can't make it into the office, call us and we would be happy to mail them out to you. We can also help you fill them out.

(978) 887-1523

Treasures From The Trash

Henry Jensen, dealer and collector of fine antiques, will present on the things you think that are trash that could actually be treasures.

Where: Little Brook Village

When: 10:00 A.M.

Coffee and Donuts Served Sponsored by Home Instead Senior Care

Topsfield TRIAD Council

The Topsfield TRIAD council is a partnership which includes the Sheriff and District Attorney of Essex County, the Topsfield Police, the Council on Aging and senior citizens.

April General Safety

Make Sure:

- Carpeting and rugs should not be worn or torn.
- Electrical cords are placed out of the flow of traffic and out from underneath rugs and furniture.
- Door thresholds are low and flat or there are no thresholds.
- Inside and outside door handles and locks are easy to operate.

Tanglewood and The Pops Sunday, July 7th, 2013, \$139.00/pp.

Travel to Lenox, Ma to enjoy Keith Lockhart and the Boston Pops in a terrific matinee performance. Joining Keith this year is legendary Vince Gill- American country singer songwriter and multi-instrumentalist. Reserved seats are under the Koussevitzky shed. Luncheon of prime rib or Baked stuffed chicken is included at the HukeLau restaurant in Chicopee, Ma.

Keith Lockhart & the Boston Pops with special guest star Vince Gill.

THIS IS A TICKETED EVENT. YOU MUST PURCHASE YOUR TICKETS TO RSVP YOUR SPOT.

THIS PERFORMANCE SELLS OUT QUICKLY.

TAX WORK OFF POSITION

There is still a tax work off position in the Conservation Department upstairs in town hall. It requires the ability to file and answer phones. You can receive up to \$800 off your property taxes for next year.

You need to be a Topsfield resident for 5 years, at least 60 years old, and make no more than \$49,000 single or \$74,000 married.

If you are interested call the COA office at (978)887-1523.

SHINE Counselor Needed

Serving Health Information Needs of Elders(SHINE)

After many years of service our current counselor, Susan Winship, is stepping down. We appreciate her hard work and dedication. We are now looking for a new SHINE volunteer. This person helps seniors with their health insurance options and other medical forms. If you are interested please call us at the office.(978)887-1523.

HOARDING-WHAT TO DO?

You are invited to a special presentation by Marnie McDonald of North Shore Elder Services.

What is hoarding?

What are the causes of hoarding?

Are there different type of hoarding problems?

What resources are available if you suspect a hoarding issue?

When: Wednesday, April 3rd, 2013

Time: 4:30 P.M. Meet and greet and refreshments

5:00 P.M. Presentation begins

Where: John Bertram House, 29 Washington Square, Salem

RSVP to Debbie or Sherry at (978)744-5640 x222

Do You Have Problems Seeing to Read?

There is a reader for visually impaired at the Library. The magnification is larger and it has a moving table so people can read newspapers, use it to write and to read books. It is located on the second floor of the library which is accessible by stairs or an elevator.

Free House Alarm/Cameras

A resident bought this in 2005 to protect her house. It comes with a complete manual that will help with the set up of the alarm/motion recorder and camera connections. You can connect it to a computer, intranet or internet. Call the COA at (978)887-1523 if you are interested.

Topsfield Lockbox Program

The Topsfield COA and the Fire Department have joined forces to help reduce forced entries into homes because of fire or medical emergencies.

Seniors are encouraged to buy lockboxes so if they are locked out of their house or have a medical emergency, the Fire Department can enter by using the key in the lockbox.

If you are interested in purchasing a lockbox call the Fire Department at 978-887-5148.

Arthritis Exercise Class

By Elder Service Plan of the Pace Program

Where: Little Brook Village

Time: 10:00 A.M.

When: Wednesday, April 10th

Carol Pallazolla from Pace will be at LBV to teach an arthritis exercise class. Coffee and pastries will be served.

RSVP by April 5th to (978)887-6866

PROGRAMS

ZUMBA (\$3.00): Trinity Church, River Road, Topsfield Thursdays 10:00A.M.-11:00A.M. Open to all seniors. The class is led by Kym Nugent.

YOGA: Starts again Friday, May 3rd at LBV.

KNITTING/CROCHETING GROUP (Free): Wednesdays from 2:00P.M. – 4:00 P.M. LBV. Group Leader is Jackie Rizzo. Bring your own knitting or crocheting supplies. Yarn is free. Beginners are always welcome. Call COA (978) 887-1523.

MAHJONG (Free): Thursdays 1:00P.M. - 3:00 P.M. LBV

SCRABBLE (Free): Mondays from 9:30 A.M. to 11:30 A.M. LBV. New players are welcome to join the fun. Tables are divided based on skill.

Writing Your Life, One Story At A Time (Free): Topsfield Town Library. The class is led by Edith Fenton. Thursdays 1:00 P.M. Library

MINI PEDICURES(15.00): First Wednesday of the month at LBV 10-2:00. Call Heidi in advance to schedule an appointment. (978)352-9772.

USEFUL SERVICES

VNA KEEP-WELL CLINIC (Free): 9:00-11:00 A.M. Washington Meadows on the 1st and 4th Thursday of each month. On the 2nd and 3rd Thursday of each month- LBV.

POLICE: To receive Citizen Information Alerts you must subscribe to the NIXLE community notification system. Go to topsfieldpolice.com and click on the NIXLE sign up icon.

NOTARY SERVICE (Free): Notary service is provided free of charge. Beth works Monday through Thursdays 10:00 A.M. to 2:00 P.M.

SHREDDER (Free): A heavy-duty shredder is available for your use at the COA office. You can shred your old documents and credit cards on Monday – Thursday, 9:00 A.M.—2:00 P.M. and on Friday, 9:00A.M. to 11:00.

DONATIONS TO THE COUNCIL ON AGING

Please consider making a tax deductible donation in memory of or in honor of a loved one. Or, you can support a service provided by the Topsfield Council on Aging.

Donations may be mailed to The Topsfield Council on Aging, 8 West Common Street Topsfield, MA 01983 or to The Friends of the COA, PO Box 173, Topsfield, MA 01983

Disclaimer: Programs and advertisements are a resource and do not constitute an endorsement by the Town of Topsfield. Be a wise consumer and ask questions.

Senior Citizen Newsletter

Topsfield Council on Aging 8 West Common St. Topsfield, MA 01983 U.S. Postage Paid Topsfield, MA Permit No. 51

(Deliver to Addressee or Current Resident)

WEDNESDAY

THURSDAY

FRIDAY

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Bill Duke Watercolor Class 9:30 Scrabble-LBV	10:30 Tai Chi, Mark Warner-Ipswich Cracker Barrel, Tewksbury	2 9:00 Pedicures 9:00-12:00 Food Shopping and coffee 2-4:00 P.M. Knitting Group-LBV	3 9:00-11:00 VNA Keep Well Clinic-WM 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 1:00 Writing Your Life, One Story at a Time 1:00-3:00 Mattyong-LBV Amazerak, Gauseppi's and Orange Lect, Newburyport	
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3:30 Scrabble-LBV	TOWN ELECTIONS 10:30 Tai Chi, Mark Warner-ipswich New England Blo Labe			

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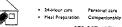
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